(54) Title: A METHOD AND DEVICE FOR DETERMINING A PERSONAL HAPPINESS INDEX AND IMPROVING IT.

Stage A – user conception of personal happiness components
Input of a personal trait system based on the user's conceptions – this action is performed the first time the apparatus is run, and is updated at user defined intervals.

Stage B – current personal profile
Input of data based on personal data that the user processes and dictates to the apparatus at a certain given time relative to his perception of satisfaction or dissatisfaction with events happening at that time.

Stage C – processing and display of data
Calculation of the personal happiness index based on the immediate data and perception of happiness components and their importance to the user – performed after completing the entry of the personal profile.

Stage D – request for providing guidance and advice
in accordance with the user's decision, he can ask to learn from the database in the apparatus and/or from the external database and/or from a personal guide on how to maintain a high happiness index or how to act in order to improve his deteriorated happiness index. This stage can be performed first by entering the emotion type, but the quality of the advice will be more specific if the user makes use of the entire process, because the data will allow the apparatus to choose advice that is relevant to the picture reflected from the user's data

Stage E – group sharing
In accordance with the user's decision, the user sends other users the results of his happiness index with additional marks that will allow the data recipients to learn what his happiness components are, and based on this data perform an average group calculation, thus supporting the member or group members and gain support accordingly. The sending and receiving of data from group members will be performed by cellular or other wireless communication or by landline and Internet communication.

Stage F – repetition of some or all stages
At any time, the user can repeat the action from stage B or stage A and see the gaps formed due to a change in his feelings and the increase in his awareness of his feelings.

(57) Abstract: A method and apparatus allowing the user to characterize a system for monitoring his personal variables affecting his emotional state, and identifying his personal happiness index for himself. Relating to and updating the variables and receiving feedback on them relative to himself and between himself and others. The apparatus is based on various physiological and emotional components, each of which together and individually affect our emotional state.